

April 2021

Carver Council on Aging

What's Inside for April

A MATTER OF BALANCE 5 WEEK COURSE VIA ZOOM



Facilitated by Patricia Livie
of Old Colony Elder Services
Tuesdays and Thursdays, 1:00 pm - 3:00 pm,
Twice weekly, April 20th - May 20th.

A Matter of Balance emphasizes practical strategies to reduce the fear of falling and increase activity levels.

- View falls as controllable
- Set goals to increase activity
- Reduce fall risk factors
- Exercise to increase strength

Call Connie at 508-866-4698 x3 by April 8th
to register and to receive the Zoom link.

Grand Slam Hot Dog Drive-Up

Sponsored by
the Carver COA
Board of Directors
Friday, April 30th
from 11:00 am - 12:00 pm

Tickets with designated
pick-up times will be
available with June Benson in the Nutrition
Center of the COA starting Monday, April 5th.
Cost is \$3/person for a hot dog lunch with
condiments, veggies with dip, popcorn and
drink. Instructions for pick-up on the day on the
30th will be provided with each ticket pur-
chased. *Tickets are limited.* For more infor-
mation, please call 508-866-4698 x3.



CARVER RESIDENTS COVID 19 VACCINATION UPDATE

Individuals in Phase 2: March 22nd - ages 60+ April 19th - ages 55+.

There are different ways to find a vaccine appointment if you're eligible:

Preregister at [VaccineSignUp.mass.gov](https://vaccinesignup.mass.gov) to be notified when it's your turn to
schedule an appointment at one of **7 mass vaccination locations**:

Hynes Convention Center, Gillette Stadium, Reggie Lewis Center, DoubleTree
Hotel in Danvers, Eastfield Mall in Springfield, Natick Mall and former Circuit City in Dartmouth.
Use [VaxFinder.mass.gov](https://vaxfinder.mass.gov) to search for appointments at pharmacies, health care providers, and
other community locations.

Residents who require assistance to schedule appointments online may visit the Carver Public Library
during their regular business hours of Mondays 10:00-4:00 and Wednesdays 10:00-6:00. Appointments
for help with scheduling vaccinations are recommended, but not required, and may be made by calling the
library at 508-866- 3415.

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Helen Marrone-Secretary
Savery Moore
Claudia Miller
Nancy Ryan
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

UPDATED LIMITED SCHEDULE

Due to the COVID, Gatra Bus Service has changed. Capacity is limited to 2 passengers maximum per bus and masks are required.

Trips are limited to:

- * Doctor's Appointments
- * Pharmacy Runs
- * Grocery Shopping at Shaw's Carver Only
Wednesdays and Fridays

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

FREE GATRA BUS SERVICE FOR TOWN MEETING 4/13 AND TOWN ELECTIONS 4/24

Reservations must be made by April 9th.

Bus capacity is limited to 2 passengers and masks are still required.



LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

This free service is not available at this time while the COA building is still closed to the public.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

Annual membership is \$10.

Please contact Madeline Joyce

Friends of the COA,

PO Box 72, Carver, MA 02330.

Look for the membership drive in May!

SENATOR PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

COA Board of Directors Bulletin Board

The Carver COA Board of Directors continues to support the COA and identify the needs, interests and concerns of Carver seniors and in response, work with the COA Director to implement services to meet these needs. The goal is for seniors to maintain an independent lifestyle with dignity while enriching their quality of life.

Next BOD Meeting: Thursday, April 29th at 4:30 pm
<https://www.carverma.gov/council-aging>

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

NEW CUSTOM CARVER COA CHAIR YOGA CLASSES

with Mary Wilson of Wild Divinity Yoga
Available for viewing on the COA
Facebook page and the Friends of the
COA website: friendscarvercoa.com.

COFFEE HOUR RESUMES 4/6

Tuesdays and Thursdays 10:00 AM - 11:30 AM. Reservations are required by noon the day before by calling the Nutrition Center at **508-866-4698 x4.**

DAILY GRAB & GO LUNCHES AVAILABLE STARTING 4/5

Monday through Friday, pick up between 11-12 in the Nutrition Center. Reservations are required by noon the day before by calling **508-866-4698 x4.** **Cost \$3.00.**

FOOTCARE ON HOLD

If you need pedicare, call Dr. John McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic 116 Court St., Plymouth 508-747-1973.



Join Our Wellness Webinars!

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local COA. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

**Thursday, April 15, 2021
10:00 a.m. – 10:30 a.m.**

Food for Thought: Superfoods to Boost Memory, Mood and Mental Functioning

Presenters: Luisa Lewis & Tricia Silverman **Register Now at:**
bcbma.info/April15

WHAT'S HAPPENING THIS MONTH



BOOSTING YOUR BRAIN POWER WITH PLANT-BASED FOODS

Zoom presentation with BID Plymouth
Registered Dietitian Marcia Richards
Friday, April 9th at 10:00 AM

Learn why maintaining a plant-based diet has shown to result in a clearer mind, improved mental capacity and performance, plus decreased anxiety and depression. Marcia will also demonstrate 2 simple recipes that are easy to prepare. *Please register with Connie at 508-866-4698 x3 by April 7th in order to receive the Zoom link.*

FREE IN-HOUSE CRAFT CLASSES WEDNESDAYS OR "TAKE & MAKE" CRAFT KITS THURSDAYS

Sponsored by the Friends of the Carver Council on Aging
The same craft will be available to make in the Nutrition Center of the COA on **Wednesdays from 10-11** or as kits to pick up at the Nutrition Center **Thursdays between 11-12**.

Registration for a craft class or reservation for a craft kit needs to be made by noon the day prior at 508-866-4698 x3. Limited availability.

Sock Bunny Craft

Sock, ribbon, rice and rubber bands, plus instructions. **4/1.**
(Craft Kit for pick up only)



**Volunteer Meals on Wheels
Drivers Needed
Call 508-866-4698 x3**



Embellished Tea Tray

Mini wooden tray, scrapbook paper, paints, brush and embellishments.
Class Wednesday 4/7, Take & Make Kit Thursday 4/8.

Adult Coloring Wind Chimes

3 spring-themed wind chimes plus markers
Wednesday 4/14 or Thursday 4/15.



Beaded Plant Stakes

Wire, beads and cards
Wednesday 4/21 or Thursday 4/22



Painted Tulip Wine Glass

Wine glass, paint, brush and instructions
Wednesday 4/28 or Thursday 4/29



CARVER COA SHINE COUNSELOR STILL NEEDED

to provide assistance to seniors with their health insurance questions.
Please contact Christie Rexford at 1-800-231-1155. A 12-day training program will be starting in May. Once trained, the hours at the Carver COA would be 9-12 one day a week.

FOOD PANTRY

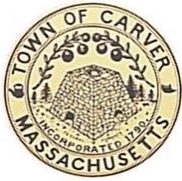
Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
Appointments via phone or email only available at this time.
Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330



2021 APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*DAILY Grab & Go Lunches will be available starting the week of April 5th.</p> <p>**Tuesday and Thursday Coffee Hours will resume on Tuesday, April 6th. 8 people maximum capacity, per the Carver BOH. Masks are required until seated.</p> <p><i>Reservations for Grab & Go lunches and Coffee Hours must be made by noon the day before (on Fridays for Mondays).</i></p>				1 Grab & Go Lunch &/or Craft Pick up 11 - 12	2	3
4 Tickets for the Grand Slam Hot Dog Drive-up Event available in the Nutrition Center starting Monday.	5 AARP TaxPrep 9 am - 2 pm *Grab & Go Lunch Pick up 11 - 12	6 **Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	7 Tea Tray Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting 5:00	8 Coffee Hour 10-11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	9 Basket Weaving w/Patty Batson 9:30 AM Boost Your Brain Power Zoom 10:00 AM	10
11	12 Grab & Go Lunch Pick up 11 - 12	13 Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00 Town Meeting 7:00	14 Wind Chime Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting 5:00	15 Coffee Hour 10-11:30 BCBS Webinar 10 Grab & Go Lunch &/or Craft Pick up 11 - 12	16	17
18	19 CLOSED FOR PATRIOTS DAY	20 Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	21 Beaded Plant Stakes Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting	22 Coffee Hour 10-11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	23	24 Town Election 8 AM - 6 PM
25	26 Grab & Go Lunch Pick up 11 - 12	27 Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	28 Tulip Wine Glass Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting	29 Coffee Hour 10-11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	30 Grand Slam Hot Dog Drive-Up Event Sponsored by the Carver COA Board of Directors 11-12	